

What About Eating Out?

It takes effort and commitment to change eating habits. People can't easily change overnight. In fact, it's best to ease into new habits slowly. This way you can form new, positive habits that will be just as comfortable as your old ones. You'll find that your new, healthy lifestyle will help you look better, feel better and have a healthier heart!

Going out to eat doesn't mean losing control of your eating plan. By thinking ahead and making smart choices, you can follow a low-saturated-fat, low-cholesterol diet almost anywhere you go!



Study the menu before the server comes and feel free to ask how the food is made. And remember, you don't have to finish everything. You can always bring home a "doggy bag!"

What should I order?

- Ask the server to make substitutions like having steamed vegetables instead of french fries.
- Use the basic guidelines of your healthy eating plan when choosing a main dish. Pick lean meat, fish or skinless chicken.
- Make sure your entrée is broiled, baked, grilled, steamed or poached instead of fried.
- Order vegetable side dishes and ask that any sauces or butter be left off.
- Ask for low-calorie salad dressing, or a lemon to squeeze on your salad instead of dressing.
- Ask for baked, boiled or roasted potatoes instead of fried. And ask for them without the butter and sour cream.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream desserts.
- Ask about low-fat or fat-free choices.
- When it seems that everything on the menu is "off limits," ask if the chef will make you a fruit or vegetable platter. Most chefs are happy to do it.

What should I avoid?

- Push the butter out of your way — or ask that it be removed. Ask for margarine instead.
- Order your dressings and sauces on the side, so you can control how much you use.
- Stay away from fried appetizers or creamy soups, and begin your meal with broth-based soups like minestrone or gazpacho instead.
- When at a salad bar, stay away from high-fat items like cheese, cream dressings, chopped eggs, croutons, olives and bacon bits.
- Ask that your food be made without butter or cream sauces; you'll be surprised at how delicious meat, fish and chicken can be when broiled "dry."
- Take the skin off poultry when it arrives, and remove visible fat from meat.

What about ethnic restaurants?

- At Oriental restaurants, order a stir-fried chicken or fish and vegetable dish. A steamed main dish is an even better choice. Instead of fried rice, ask for steamed rice.
- At Italian restaurants, choose red marinara sauces over white, creamy ones. Try a fish dish or meatless pasta instead of entrées made with sausage or meatballs.

Eat plain Italian bread instead of buttery garlic bread. And go easy on the grated Parmesan cheese.

- At Mexican restaurants, enjoy salsa or picante sauce, but limit guacamole, cheese and sour cream. Opt for corn tortillas over flour ones, and avoid refried beans. Try soups and salads instead of fried foods, and look for fresh seafood on the menu.

How can I learn more?

1. Talk to your doctor, nurse or other health care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721), or visit americanheart.org to learn more about heart disease.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit online at StrokeAssociation.org.

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

What are the Warning Signs of Heart Attack and Stroke?

Warning Signs of Heart Attack:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- **Chest discomfort**
- **Discomfort in other areas of the upper body**
- **Shortness of breath with or without chest discomfort**
- **Other signs including breaking out in a cold sweat, nausea or lightheadedness**

Warning Signs of Stroke:

- **Sudden weakness or numbness of the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking or understanding**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden, severe headache with no known cause**

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1... Get to a hospital immediately if you experience signs of a heart attack or stroke!

Do you have questions or comments for your doctor or nurse?

- Take a few minutes to write your own questions for the next time you see your health care provider. For example:

What can I eat at fast-food restaurants?

How can I control the portions?